Fowler's West India Treacle & GOLDEN SYRUP Recipes

BITTER SWEET SUCCESS!

West India Treacle is a natural food combining pure cane molasses and sugar syrup. For almost 100 years housewives and mothers have used it as a prime ingredient of recipes appealing to the whole family.

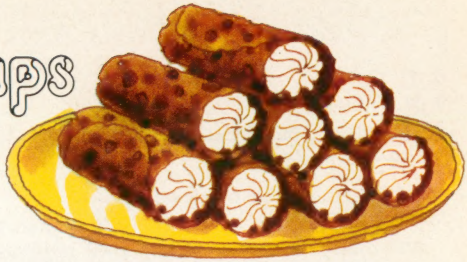
The unique characteristics of West India Treacle—its dark colour, distinctively sweet yet slightly bitter taste and its versatility in use—have contributed largely to its continued success in recent years as an ingredient for savoury dishes ; like Treacle Baked Ham, Spicy Chops, Barbecued Spare Ribs and Curries.

They're all included in this new recipe booklet —the tried and traditional, the new and exciting !

We hope that you will enjoy making West India Treacle dishes. We know that your family will enjoy eating them !

(See inside back cover for Index)

brandy snaps



2 oz. Butter
2 oz. Caster Sugar
2 oz. Fowler's West India Treacle
1 teaspoon Lemon Juice
2 oz. Plain Flour
1 level teaspoon Ground Ginger

Melt butter, sugar, treacle and lemon juice together over a gentle heat.
Blend in the flour and ginger.
Put teaspoonfuls of mixture on well greased baking trays, 5 inches apart.
Bake in oven Regulo 4 or 350°F. for 8 to 10 minutes until rich brown and well spread.
Remove from oven and leave to cool for a moment until they are easily lifted.
While still warm wrap each around a wooden spoon handle, working quickly.
Allow to become firm before lifting on to a wire tray.
Store in airtight tin.
Serve filled with fresh whipped cream.
Makes 19 brandy snaps.

coconut biscuits

2 oz. Plain Flour
2 oz. Desiccated Coconut
¼ level teaspoon Bi-carbonate of Soda
1 oz. Lard
1½ oz. Sugar
1½ oz. Fowler's Pure Cane Golden Syrup

Rub the fat into the flour, add the sugar, coconut and bi-carbonate of soda.
Bind together with the syrup and roll into a sausage shape.
Cut into eight pieces, roll each piece into a ball, flatten slightly and place onto a greased baking tin.
Bake in a moderate oven Regulo 4 or 350°F. for approximately 20 minutes.

ginger biscuits

1 lb. S.R. Flour
7 oz. Caster Sugar
1 teaspoon Bi-carbonate of Soda
¼ lb. Lard
2 teaspoons Ginger
½ lb. Fowler's West India Treacle

Warm treacle then add other ingredients.
Mix to a stiff paste, put aside to cool before cutting out.
Bake in a cool to warm oven Regulo 3 or 325°F.

peanut cookies

8 oz. Oats
4 oz. Flour
4 oz. Salted Peanuts (crushed)
1 Egg or a little Milk
4 oz. Sugar
4 oz. Margarine (melted)
1 tablespoon Fowler's West India Treacle

Mix all dry ingredients together.
Make a well in the centre and add beaten egg and treacle (or milk and treacle) and melted margarine. Mix well together.
Form into small cakes about ½-inch thick and place on greased tins in moderately hot oven Regulo 5 or 375°F.
Cook for 25 to 30 minutes.
Makes twenty to twenty-four cookies.

golden sponge

6 oz. S.R. Flour
1 teaspoon Ground Ginger
½ teaspoon Bi-carbonate of Soda
2 tablespoons Fowler's Pure Cane Golden Syrup
1 oz. Sugar
¼ teaspoon Salt
2 oz. Margarine
A little Milk

Sift together the dry ingredients and rub in the margarine.
Stir in 2 tablespoons syrup and enough milk to form a dropping consistency.
Turn the mixture into a greased pudding tin about 7 inches square and bake in top of moderate oven Regulo 4 or 350°F. for about 40 minutes.
This can be served hot with custard as a pudding or eaten cold as a cake.
If intended only as a cake, line the tin with greaseproof paper.

ginger buns

3 teacups Plain Flour
½ teaspoon Mixed Spice
3 oz. Butter or Margarine
3 tablespoons Fowler's West India Treacle
2 teaspoons Ground Ginger
1 teaspoon Bi-carbonate of Soda
3 oz. Moist Brown Sugar
¼ pint Milk
A few Sultanas

Sift together dry ingredients.
Melt the treacle, butter, sugar and milk together and allow to cool.
Add the dry ingredients.
Mix all well together and put into greased patty tins.
Bake in a moderate oven Regulo 5 or 375°F. for 15 to 20 minutes.
Makes about twenty buns.

treacle cookies

3 oz. Cooking Fat
6 oz. Fowler's West India Treacle
Pinch Salt
1 level teaspoon Bicarbonate of Soda
3 oz. Soft Brown Sugar
8 oz. Plain Flour
¼ pt. Milk soured with 1 tablespoon Vinegar

Cream fat and sugar till light and fluffy, add treacle and beat till well blended.
Sift together flour and salt.
Combine milk and soda and add to creamed mixture alternately with the flour.
Drop small teaspoons of mixture, 1 inch apart, on to well-greased baking trays.
Bake in the centre of the oven Regulo 5 or 375°F. for 10 to 12 minutes.
Cool on a wire tray. Store in an airtight tin.
Makes approximately five dozen cookies.

banana bake

4 Bananas
4 level dessert spoons Fowler's West India Treacle
Juice and grated rind of ½ Lemon
Juice and grated rind of ½ Orange
3 tablespoons Sweetened Coconut

Peel bananas, place whole in a fireproof dish.
Mix treacle with lemon and orange rind and juice.
Pour over bananas, sprinkle with the coconut.
Bake in oven Regulo 4 or 350°F. for approx. 15 minutes.
Baste during cooking.
Serve hot with whipped cream.

treacle scones

6 heaped tablespoons S.R. Flour
1 teaspoon Cream of Tartar
Milk
1 tablespoon Fowler's West India Treacle
½ teaspoon Bi-carbonate of Soda
1 tablespoon Sugar

Mix flour and sugar, cream of tartar and bi-carbonate of soda.
Add the treacle and sufficient milk to make a soft dough.
Roll out about ½" thick, cut into 2-inch rings.
Bake in a hot oven Regulo 7 or 425°F. for 15 to 20 minutes.
Makes twelve to sixteen scones.

spiced treacle scones

½ lb. S.R. Flour
½ teaspoon Cream of Tartar
1 oz. Margarine
½ teaspoon Ground Ginger
1 oz. Sugar
Fresh Milk or Sour Milk to mix
½ teaspoon Salt
½ teaspoon Bi-carbonate of Soda
½ teaspoon Ground Cinnamon
½ teaspoon Mixed Spice
1 tablespoon Fowler's West India Treacle (melted)

Sift together dry ingredients and rub in margarine.
Mix with milk to an elastic dough.
Form into scone on a floured board rolling out to about ½-inch thick and cut into eight.
Place on a tin and brush with milk or egg.
Bake in a hot oven Regulo 7 or 425°F. for 15 to 20 minutes.

wholemeal scones

6 oz. Wholemeal Flour
1 level tablespoon Fowler's West India Treacle
¼ teaspoon Bi-carbonate of Soda
1½ oz. Butter or Margarine
Approximately 3 oz. Milk
½ teaspoon Cream of Tartar

Sift cream of tartar and bi-carbonate of soda with flour and mix well.
Rub in fat and make a well and add treacle and milk to make a soft dough.
Shape on to a floured board ½-inch thick and cut into rounds.
Bake on a greased or floured tray in a hot oven Regulo 7 or 425°F. for 10 to 15 minutes.

treacle bread

4 oz. Fowler's West India Treacle
2 Standard Eggs, well beaten
1 level teaspoon EACH Cinnamon and Mixed Spice
½ level teaspoon Bi-carbonate of Soda
2 oz. EACH Currants and Sultanas
¼ pint Milk
10 oz. Plain Flour
½ level teaspoon Baking Powder
2 oz. Butter or Margarine

Combine treacle and milk, then add beaten eggs.
Sift dry ingredients, rub in fat, add fruit and mix to a soft consistency with the liquid.
Turn into a well greased 2-lb. loaf tin and bake in the centre of a slow oven Regulo 3 or 325°F. for 1 to 1¼ hours.
Turn out on to a wire tray.
Slice when cold and serve with butter.

christmas cake

This Christmas and Wedding Cake mixture keeps for a year or longer —treacle enriches flavour and texture.

8 oz. Butter
6 oz. Soft Brown Sugar
1 teaspoon Vanilla Essence
1 teaspoon Almond Essence
Grated rind of an Orange
4 tablespoons Fowler's West India Treacle
4 Eggs
10 oz. Plain Flour
4 level teaspoons Mixed Spice
3 lb. Mixed Fruit (Raisins, Sultanas, Dates, Cherries and Candied Peel, Chopped)
¼ lb. Ground Almonds
4 tablespoons Brandy, Sherry or Orange Juice

Grease and line a 9-inch cake tin with foil or greaseproof paper.
Cream butter and sugar until light and fluffy ; beat in essence and orange rind.
Blend treacle with well beaten eggs and gradually beat into creamed mixture, adding 2 tablespoons sifted flour when half egg mixture is added.
Lightly stir in sifted flour and spice. Add fruit, ground almonds and lastly liquid.
Turn into cake tin and bake in oven Regulo 2 or 300°F. for about 4 hours until firm to the touch.
Cool in tin for ½ hour then turn out on to wire rack.
Double quantity is sufficient for 12-inch tin and takes 5½ to 6 hours to cook in oven Regulo 1 or 275°F.

walnut loaf

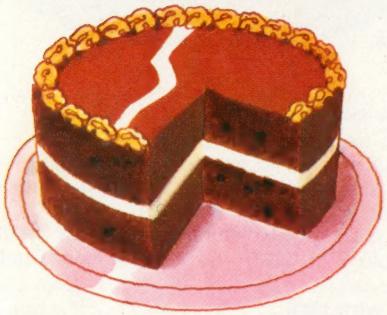
¾ lb. S.R. Flour
2 oz. Chopped Walnuts
3 oz. Demerara Sugar
Pinch Salt.
¼ lb. Fowler's West India Treacle
2 Eggs
¼ pint Milk

Mix together flour, salt and sugar.
Make a well in the centre and add the beaten eggs and the treacle.
Mix thoroughly with the milk and add the chopped nuts. (Mixture should be of soft consistency).
Bake in a moderate oven Regulo 4 or 350°F. for approximately 1¼ hours.
For variation the nuts may be omitted and any dried fruit added ; alternatively a few chopped dates and chopped walnuts make a very nice loaf.

Fruit loaf

2 cups S.R. Flour
3 tablespoons Sugar
½ teaspoon Baking Powder
4 oz. Raisins or Chopped Dates
1 Egg
1 tablespoon Fowler's West India Treacle
Water to mix

Sift flour, and mix with other dry ingredients.
Add beaten egg and sufficient cold water to make mixture a soft consistency.
Bake for 1 hour in a greased loaf tin (Regulo 4 or 350°F.).



chocolate cake

8 oz. Butter
6 oz. Soft Brown Sugar
6 oz. Fowler's West India Treacle
4 Eggs
6 oz. S.R. Flour
2 oz. Cocoa

For filling

Fresh or butter cream flavoured with orange rind, peppermint or rum.

For Icing

Chocolate glace icing, plain or topped with chopped nuts.
Cream together butter, sugar and treacle.
Gradually beat in blended eggs adding tablespoon of sieved flour with last amount of egg.
Sieve together flour and cocoa and fold into the creamed mixture.
Turn into 2 greased and bottom lined 8-9 inch sandwich tins; bake in oven Regulo 4 or 350°F. for about 50 minutes.
Turn out. When cold, sandwich with filling and decorate top with icing.

chocolate sandwich

6 oz. S.R. Flour
4 oz. Sugar
2 oz. Cocoa Powder
1 level teaspoon Bi-carbonate of Soda
6 oz. Butter or Margarine
2 tablespoons Fowler's Pure Cane Golden Syrup
1 cup Milk

Sift together dry ingredients, melt fat, sugar and syrup in the milk in a large pan. Cool, and stir in dry ingredients.
Pour mixture quickly into two 8-inch round or 7-inch square sandwich tins, greased and lined.
Smooth over with a knife.
Cook on middle shelf of a moderate oven Regulo 4 or 350°F. for 30 minutes.

orange treacle bread

Yeast Liquid Mix :
¼ pint Warm Water
1 oz. Fresh Yeast or 1 level tablespoon Dried Yeast
1 teaspoon Honey
1 teaspoon Flour
Leave this till frothy and add 1 Beaten Egg
Dry Mix :
1 lb. Plain Flour
1 level teaspoon Salt
1 oz. Sugar
Sift together
Flavouring :
Minced peel (the whole shell) and about 4 tablespoons Juice of an Orange
8 tablespoons West India Treacle
For Variety :
Add 6 oz. Chopped Dried Apricots or Raisins

Add yeast liquid to the dry mix ; make a soft dough adding more liquid if needed.
Knead dough until it is firm and springy.
Place to rise in a polythene bag, timing as convenient : ½ hour in a warm place, 1 hour at ordinary kitchen temperature, 4 hours in cool spot, overnight in refrigerator.
Place risen dough in basin and work in orange peel, juice and treacle. Work in until well blended and no longer streaky.
Turn into two 1 lb. bread tins, well greased. Stand in warm place until well risen, about ½ hour.
Bake on the middle shelf of a moderately hot oven Regulo 6 or 400°F. for about 35 minutes.
Brush with syrup while hot.
NOTE : All spoon measures are level.

treacle sauce

2 tablespoons Fowler's West India Treacle
1 oz. Butter
Juice and grated rind of 1 Lemon

Melt treacle and butter together and stir in lemon and rind.

light fruit cake

4 oz. Butter
2 oz. Fowler's West India Treacle
2 oz. Soft Brown Sugar
3 Eggs
6 oz. Plain Flour
1 level teaspoon Baking Powder
1 level teaspoon Mixed Spice
Grated Rind of ½ Lemon
8 oz. Seedless Raisins
2 oz. Glacé Cherries (sliced)
2 oz. Chopped Mixed Peel (or use 12 oz. Mixed Dried Fruit)
A few Blanched Almonds

Line 7-inch cake tin with greased paper.
Cream the butter, treacle and sugar until fluffy.
Add the eggs one at a time, beating well between each.
Add the sifted dry ingredients alternately with the fruit, folding in lightly.
Put into cake tin, and sprinkle nuts on top.
Bake in a moderate oven Regulo 4 or 350°F. for about 1 hour.
Allow to cool in the tin before removing.

family fruit cake

8 oz. S.R. Flour
4 oz .Fat (Lard and Margarine mixed)
2 oz. Candied Peel
2 Eggs
Pinch of Salt
2 oz. Brown Sugar
6 oz. Sultanas (or Mixed Fruit)
3 tablespoons Fowler's West India Treacle

Rub fat into flour, add salt, sugar, fruit and peel.
Beat eggs and add to them the treacle which has been warmed slightly ; mix egg and treacle well together.
Add this mixture to the flour and fruit, stirring and beating to a smooth consistency.
Put into cake tin lined with buttered paper.
Bake for 1½ to 2 hours in a warm oven Regulo 3 or 325°F.

gingerbread

(Something different)

½ lb. Flour
1 oz. Sugar
1 teaspoon Bi-carbonate of Soda
1 oz. Candied Peel
6 oz. Fowler's West India Treacle
2 oz. Lard
1 teaspoon Ground Ginger
2 tablespoons boiling water
1 Egg

Rub lard into flour.
Add dry ingredients, treacle (warmed) and beaten egg.
Mix bi-carbonate of soda in boiling water and add.
Mix well together and bake for ¾ of an hour in a moderate oven Regulo 3 or 325°F.

fukki frwikki rice

5 oz. Pretreated Rice
2 tablespoons Fowler's West India Treacle
2 oz. Chopped Dates
1 oz. Halved Walnuts
4 oz. Drained diced Pineapple
4 oz. Drained whole Mandarin segments

Cook rice in pineapple and mandarin juice, made up with water to correct amount of liquid. Add treacle.
Stir whilst bringing to boil and cook as per instructions.
When cooked, allow to cool and then add other ingredients, mix well.
Serve with cold meats or fish.

raisin pudding

1 cup Fowler's West India Treacle
1 teaspoon Cinnamon
4 oz. Raisins
Salt
1 cup Pkt. Suet
1 cup Bread Crumbs
A little Milk
1½ cups Flour

Mix suet and flour and other dry ingredients, pour in treacle and milk, mix all well together.
Steam for 2 to 3 hours.

ginger cake

3 oz. Margarine or Butter
¼ pint Milk or Milk and Water
½ flat teaspoon Bi-carbonate of Soda
2 dessertspoons Fowler's West India Treacle
3 oz. Sugar
Ginger—about one flat teaspoon or according to taste
8 oz. S.R. Flour

Place butter, sugar, ginger, syrup, and milk in a saucepan, heat gently until butter is melted.
Choose a saucepan big enough to mix the flour to the melted butter.
Allow to cool a little and add flour and bi-carbonate of soda which should be previously mixed together.
Bake in moderate oven for 45 minutes to 1 hour Regulo 4 or 350°F.

ginger sandwich cake

1 tablespoon Butter
½ cup Fowler's West India Treacle
1 Egg
3 level teaspoons Ginger
1 teaspoon Bi-carbonate of Soda
½ cup Sugar
½ cup Milk
1½ cups Flour
1 teaspoon Cinnamon
2 tablespoons Boiling Water

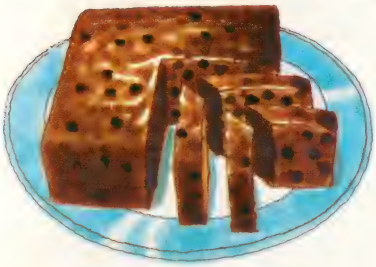
Cream butter and sugar.
Add egg, treacle, milk, ginger, cinnamon and a little flour and beat well.
Lastly add bi-carbonate of soda dissolved in boiling water and stir in flour.
Bake in two lined and well greased sandwich tins in a moderate oven Regulo 4 or 350°F. for 25 to 30 minutes.
When cool, put together with whipped cream in centre and sieved caster sugar on top.

ginger sponge

8 oz. Plain Flour
4 oz. Butter
2 tablespoons Fowler's West India Treacle
¼ pint Milk
2 teaspoons Ground Ginger
4 oz. Sugar
1 teaspoon Bi-carbonate of Soda
1 Egg

Sift together dry ingredients and rub in butter.
Add treacle, egg and enough milk to make a soft consistency.
Put in a well greased 8-inch baking tin and bake in a moderate oven Regulo 4 or 350°F. for 45 minutes.

raisin gingerbread



1 lb. Plain Flour
¼ lb. Margarine
¼ lb. Sugar
½ lb. Fowler's West India Treacle
½ lb. Raisins
2 teaspoons Ground Ginger
1 teaspoon Bi-carbonate of Soda
1 Egg
¼ Pint of Milk

Sift flour and ginger together and add the sugar and raisins.
Melt margarine and treacle in a pan, dissolve the bi-carbonate of soda in a little of the milk and add to the margarine and treacle.
Make a well in the centre of the dry ingredients and pour in the treacle mixture.
Add the beaten egg and stir well, adding enough milk to make a fairly soft mixture.
Put into a well greased flat baking tin and cook in oven Regulo 4 or 350°F. for 1 to 1½ hours.
Grated rind of orange can be added for a change.

ginger sponge cake

8 oz. S.R. Flour
3 tablespoons Sugar
Small teaspoon Bi-carbonate of Soda
½ pint Milk
Level dessertspoon Ground Ginger
Pinch of Salt
¼ lb. Fowler's West India Treacle
3 oz. Lard

Sieve flour, salt and sugar into a bowl.
Put treacle, milk and lard into a saucepan and heat until lard is melted.
Remove from heat and stir in the bi-carbonate of soda.
Pour the hot liquid on to the dry ingredients and mix thoroughly.
Pour the mixture into oblong or square tin which has been lined with **greased** greaseproof paper.
Bake in a moderately hot oven Regulo 5 or 375°F. for about half an hour.

sultana cake

8 oz. S.R. Flour
4 oz. Butter or Margarine
2 tablespoons Fowler's Pure Cane Golden Syrup
Pinch of Salt
3 oz. Caster Sugar
6 oz. Sultanas
2 Eggs

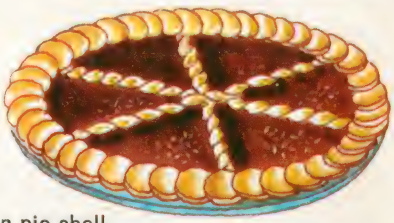
Sieve the flour and salt together.
Cream the butter or margarine with the sugar until light and fluffy.
Mix in one tablespoon sifted flour and add the beaten eggs in a little at a time and beat well.
Add the golden syrup and stir in the flour and salt.
Add the sultanas.
Put the mixture into a greased and lined 7-inch round cake tin and bake for 1¼ hours Regulo 3 or 325°F.
A moist cake which is ideal for including in a packed lunch.

treacle cake

2 tablespoons Fowler's West India Treacle
¾ lb. S.R. Flour
8 oz. any Dried Fruit
½ teaspoon Bi-carbonate of Soda
Milk
6 oz. Butter or Margarine
6 oz. Sugar (soft brown sugar is best)

Add bi-carbonate of soda to flour and sift.
Rub fat into flour, add sugar and fruit and mix in treacle.
Add milk sufficient to make stiff dropping consistency.
Bake 1¼ to 1½ hours in moderate oven Regulo 3 or 325°F.

treacle and coconut tart



6 oz. Shortcrust Pastry
4 oz. Desiccated Coconut
4 oz Sultanas
Juice and grated rind of 1 Lemon
4 oz. Fowler's West India Treacle
Roll out the pastry to line a 9-inch pie plate trim and use the trimmings to decorate the top of the pie.
Mix all the ingredients together and put in pie shell.
Roll out trimmings, cut in strips, twist and place on top of filling.
Cook in oven Regulo 5 or 375°F. for about 30 minutes.
Serve hot with cream or custard.

west india birthday cake

6 oz. Butter or Margarine
12 oz. S.R. Flour
1 lb. Mixed Dried Fruit (Sultanas, Raisins, Currants)
2 oz. Ground Almonds
Pinch of Salt
1 teaspoon Mixed Spice
1 cup Milk
3 tablespoons Fowler's West India Treacle
2 oz. Glacé Cherries (chopped)
4 oz. Mixed Peel (chopped)
3 oz. Soft Brown Sugar
3 Eggs
2 teaspoons Almond Essence

Melt butter and treacle over gentle heat. Do **not** let it boil and stir occasionally. Put to cool.
Put all other ingredients in order as above Into mixing bowl, adding butter and treacle mixture last. Beat well.
Line a 8-9 inch cake tin with metal foil.
Bake in slow oven Regulo 2 or 300°F. for 2½ to 3 hours putting cake at the bottom of the oven and a baking tin above the cake.
Test for baking and if necessary, allow a little longer.

yorkshire parkin

7 oz. Flour
4 oz. Medium Oatmeal
½ oz. Mixed Spice
6 oz. Fowler's West India Treacle
1 teaspoon Milk
3 oz. Butter or Lard
3 oz. Sugar
Pinch of Nutmeg
½ teaspoon Bi-carbonate of Soda

Rub butter into flour, add oatmeal, sugar, spice and nutmeg.
Pour in warmed treacle and add bi-carbonate of soda, dissolved in milk.
Form into 14 balls about the size of an egg.
Place in a greased tin, allowing space for cakes to spread.
Slightly flatten and brush over with milk.
Bake for about 15 minutes in a moderate oven Regulo 4 or 350°F.

original recipe for cooking herrings

4 medium Herrings with backbones removed
2 large Tomatoes (skinned and sliced)
1 dessertspoon Lemon Juice
Butter or Margarine
1 small Onion (chopped)
1 dessertspoon Fowler's West India Treacle
Salt and Pepper

Lay the herring fillets in a greased baking dish, season with salt and pepper, dot with butter or margarine, cover with greased paper and bake for about 10 minutes.
Whilst the fish is cooking, melt a knob of butter (or margarine) in a saucepan and fry the onion in it.
Add tomatoes and West India treacle and seasoning.
Simmer for 5 minutes, then stir in the lemon juice.
Spread the tomato mixture over the fish and return it to the oven to finish cooking.
Serves 4.

sweet and sour curry

1 lb. fresh Stewing Lamb
½ Pint Stock
1 Small Onion, chopped
1 Small Apple, chopped
½ oz. Plain Flour
½ oz. Curry Powder
1 oz. Butter
1 tablespoon Fowler's West India Treacle
Lemon Juice
3 oz. Sultanas
Salt

Fry onion in butter, add flour and curry powder and cook for a few minutes.
Add apple, stock, salt, juice of ½ lemon, treacle and sultanas.
Bring to boil stirring all the time and allow to simmer for 5 minutes.
Add meat, cut into small cubes. Simmer very gently, stirring occasionally, until meat is cooked.
Serve with rice and garnish with parsley and tomatoes.

shropshire fitchett pie

8 oz. Flaky Pastry
Filling
1 oz. Cooking Fat, Lard or Dripping (pork dripping is best)
1 lb. Cooking Apples, peeled, and sliced
1 tablespoon Hot Water
8 oz. Bacon, coarsely chopped
8 oz. Onions, peeled and sliced into rings
1 tablespoon Fowler's West India Treacle
Pepper and Salt

Melt the fat in a pan, add bacon and onions and saute gently till soft but not crisp.
Fill a one to one-and-a-half pint heatproof dish with alternate layers of apples, fried onions and bacon then add treacle mixed with hot water.
Sprinkle lightly with pepper and salt then cover pie with pastry.
Brush with beaten egg then bake in the centre of hot oven Regulo 7 or 425°F. for 10 minutes, then at Regulo 4 or 350°F. for 40 minutes.
Serves 3-4.

cherry layer pudding

1 Bottle or Large tin of Cherries
2 oz. Semolina
3 oz. Margarine
1 Egg
½ teaspoon Almond Essence
Milk to Mix
4 oz. S.R. Flour
3 oz. Caster Sugar
Pinch of Salt
2 tablespoons Fowler's Pure Cane Golden Syrup

Strain (and stone) cherries.
Cream sugar and margarine, mix in syrup and add the mixed and sifted flour and semolina and salt alternately with well-beaten egg.
Add enough milk to mixture to allow it to drop easily from a spoon.
Lastly add almond essence.
Well grease a basin and arrange a layer of closely packed cherries at the bottom.
Cover with half the mixture.
Arrange a second layer of cherries carefully over this and fill up basin with the rest of the mixture.
Cover tightly with three layers of greased paper or foil and steam for 2 hours.
Serve with pouring custard or with a sauce made from the strained-off cherry juice thickened with cornflour and a little sugar added. (2 large teaspoons cornflour to half a pint of liquid).

bitter sweet pudding

Into a fairly shallow oven-proof dish put a good layer of Fowler's Pure Cane Golden Syrup.

Place on top of the syrup thickly cut slices of bread with the crust trimmed off and spread over with butter or margarine on **both** sides.

Beat up an egg and add a teacupful of milk. Pour this over the bread.

Leave to stand for about half an hour, then bake in a moderate oven Regulo 4 or 350°F. until the bread is crisp and golden brown on top (about half an hour).

Serve hot with sections of lemon to squeeze on each portion of pudding.

yorkshire treacle tart

6 oz. Short-crust Pastry (frozen or home made with 6 oz. flour)
3 oz. Sultanas
Juice and grated rind of 1 Lemon
2 level teaspoons Cinnamon
4 level tablespoons Fowler's West India Treacle
3 oz. fresh White Breadcrumbs
1 oz. Mixed Peel
3 oz. Currants
1 apple, peeled and grated
1 level teaspoon Mixed Spice
1 oz. Butter

Roll out pastry to line a deep 8-inch pie plate. Trim and decorate edges and prick base well.

Combine remaining ingredients.

Turn into prepared pie shell and bake in the centre of a hot oven Regulo 7 or 425°F. for 15 minutes then at Regulo 5 or 375°F. for a further 15 minutes. Serve warm with cream or custard.

Serves 5-6

caramel custard

1 tablespoon Fowler's West India Treacle
3 Eggs
1 pint Milk
2 oz. Sugar (optional)

Butter a mould; put in 1 tablespoon treacle.

Whisk eggs, sugar (if used) and milk together. Pour gently on to treacle.

Stand mould in baking dish half full of water.

Bake in a slow oven Regulo 1 or 300°F. for 1 hour or until set.

Turn out and serve hot or cold.

caramelised pears

Dessert Pears (one-half for each person)
1 oz. Butter
Ice cream
4 tablespoons Fowler's Pure Cane Golden Syrup

Peel pears, cut in half lengthways and remove core.
Arrange in individual dishes and fill hollow with ice cream.
Heat the syrup with the butter in a saucepan, boil for about 3 minutes until caramelised.
Pour over pears when cool.
Decorate as desired.

christmas pudding

4 oz. Plain Flour
1 level teaspoon EACH Salt, Mixed Spice, Ground Ginger and Ground Cinnamon
¼ level teaspoon Grated Nutmeg
4 oz. Fresh White Breadcrumbs
8 oz. Shredded Suet
4 oz. Soft Brown Sugar
4 oz. EACH Dried Apricots, Prunes and Dates
4 oz. EACH Currants and Sultanas
1 Large Banana, chopped
1 Cooking Apple peeled, cored and chopped
1 oz. Mixed Peel
2 oz. Shredded Almonds
Juice and grated rind of 1 Orange and 1 Lemon
4 oz. Fowler's West India Treacle
4 Eggs

Sift flour, salt and spices and stir in breadcrumbs, suet and sugar.
Chop apricots, prunes and dates and add to flour mixture, together with remaining fruit, peel, almonds and rind of orange and lemon.
Beat lemon and orange juice, treacle and eggs well together and add to other ingredients. Mix to a moist consistency.
Turn mixture into a well greased 2½ to 3 pint pudding basin, cover with foil and steam steadily for 5 hours.
Steam a further 2 hours before serving. Serves 10 to 12.
If more convenient substitute 1½ lb. mixed fruit for the dried fruit and peel.

festive plum pudding

4 oz. Plain Flour
1 level teaspoon EACH Salt, mixed Spice, Ground Ginger and Ground Cinnamon
¼ level teaspoon Grated Nutmeg
4 oz. Fresh White Breadcrumbs
8 oz. Shredded Suet
4 oz. Soft Brown Sugar
4 oz. EACH Dried Apricots, Prunes and Dates
4 oz. EACH Currants and Sultanas
1 large Banana, Chopped
1 Cooking Apple, peeled Cored and Chopped
1 oz. Mixed Peel
2 oz. Shredded Almonds
Juice and Grated Rind of one Lemon and one Orange
½ teaspoon Vanilla Essence
4 oz. West India Treacle
4 Eggs

Sift flour, salt and spices, stir in breadcrumbs, suet and sugar.
Chop apricots, prunes and dates and add to flour mixture, together with remaining fruit, peel and almonds and rind of lemon and orange.
Beat lemon and orange juice, vanilla essence, treacle and eggs well together and add to other ingredients.
Mix to moist consistency.
Turn mixture into well greased 2½ to 3 pint sized pudding basin, cover with greased greaseproof paper or aluminium foil and steam steadily for 5 hours
Steam further 2 hours before serving.
Serves 10-12
Note : If more convenient substitute 1½ lb. mixed fruit for the dried fruit and peel in the recipe above.

creamy dessert whip

1 Egg White
1 dessertspoon Fowler's Pure Cane Golden Syrup
Pinch of Salt

Place egg white and salt in a quart size basin and beat with a rotary whisk until the mixture stands up in stiff points when the whisk is lifted up quickly.
Bring syrup rapidly to the boil in a small saucepan, stirring continuously, then tip this quickly on to egg white and continue beating until cool and white.
This is delicious served with strawberries, bananas, or any other fruit, either fresh or cooked, or in pies, etc.
It is most economical as this quantity makes a large basin of lovely cream whip.

quick cook prunes

4-6 oz. Prunes
2 tablespoons Fowler's West India Treacle

Cover prunes with water in small saucepan. Cover. Bring to boil and simmer very gently, until prunes are cooked and tender, about 20 minutes.
Add two tablespoons treacle and bring back to boil.
Serve hot or cold.

fairy pudding

1 teacup packet Suet
Pinch of Salt
1 teacup Milk
4 oz. Plain Flour
1 teaspoon Bi-carbonate of Soda
1 teacup Fowler's West India Treacle

Mix all dry ingredients then add treacle and milk.
Put mixture into greased basin and steam 3 hours.
Makes a very light pudding.
Serve with custard.

friday pudding

Half Stale Loaf
1 tablespoon packet Suet
½ pint Milk and Water
6 oz. Currants and Sultanas
¾ teacup Fowler's West India Treacle
1½ tablespoons Semolina
¼ lb. Butter or Margarine
1½ teaspoons Mixed Spice
¾ teacup Fowler's Pure Cane Golden Syrup

Break the bread into small pieces and add semolina.
Warm together milk and water, syrup and treacle and stir well.
Pour over the bread and let soak for a few minutes.
Add suet and chop butter in with knife, add fruit and spices. Mix well together.
Press into a greased basin and steam for 2 hours.
Serve with custard or brandy sauce.

spiced orange pudding

3 oz. Butter
2 oz. Soft Brown Sugar
Grated Zest of one Orange
3 oz. West India Treacle
1 large Egg
6 oz. Self-raising flour
1 teaspoon Ground Cinnamon
1½ oz. Chopped Glacé Cherries
2 oz. Seeded Raisins or Chopped Dates

Grease 1½ pint pudding basin and line bottom with circle of greased paper.
Cream butter, sugar and orange zest until light and fluffy.
Beat in treacle.
Whisk egg and add gradually.
Stir in sifted flour and cinnamon and lastly add fruit.
Turn into pudding basin, cover with foil and steam 1½ to 1¾ hours.
Turn out and serve with orange sauce.
Orange Sauce :
Make up the juice of 2 oranges to ½ pint with water.
Blend a little of this with 1 level tablespoon of cornflour and stir this into heated juice.
Bring to boil, stirring.
Sweeten to taste.

spicy pork chops

4 Pork Chops
2 oz. Sultanas
2 tablespoons Fowler's West India Treacle
Juice of ½ Lemon

Soak the sultanas in enough boiling water to cover.
Fry chops on a low heat, without extra fat until cooked through, crisp and brown. (Approx. ½ hour depending on the thickness.)
Remove chops and keep hot.
Add sultanas and water, treacle and lemon juice. Bring to boil, stirring well, boil for 1 minute.
Serve chops on a bed of rice and pour over the spicey sauce.

lemon sago pudding

Into a pint of fast boiling water stir two to three tablespoonsful of seed tapioca or sago, lower heat, simmer 10 minutes until clear.
Remove from heat.
Stir in the rind and juice of two lemons with two tablespoons of Fowler's Pure Cane Golden Syrup.
Cool, decorate with halved preserved cherries.

nutty treacle pudding

1 Egg
6 oz. Fowler's West India Treacle
¾ lb. Flour
½ cup Boiling Water
4 oz. Chopped Dates
2 tablespoons Sugar
2 oz. Butter or Margarine
1 teaspoon Bi-carbonate of Soda
4 oz. Chopped Nuts

Place egg in mixing bowl and beat until foamy.
Add sugar, then treacle; beat well and add melted butter.
Add sifted flour, a little at a time and then soda mixed with boiling water.
Add nuts and dates.
Place in greased pudding basin and cover with greaseproof paper or foil.
Steam for 1½ hours to 2 hours.

custard pie

6 oz. Frozen or Home-made Shortcrust Pastry
1 level tablespoon Fowler's West India Treacle
1 oz. Caster Sugar
1 level dessertspoon Semolina or Rolled Oats
½ Pint Milk
2 Eggs

Roll out pastry and with it line a 7 to 8-inch heatproof pie plate.
Sprinkle base with semolina or oats then pour in treacle.
Combine milk and eggs and beat till well blended.
Stir in sugar then pour custard into lined pie plate.
Bake in the centre of the oven Regulo 7 or 425°F for 10 minutes, then at Regulo 3 or 325°F. for 30 minutes or till firm to the touch.
Serve warm or cold.

steamed ginger pudding

½ lb. Flour
¼ lb. Chopped Pkt. Suet
2 teaspoons Ground Ginger
1 teacup Milk
1 Egg
1 small teaspoon Bi-carbonate of Soda
1 large teacup Fowler's West India Treacle
Pinch of Salt

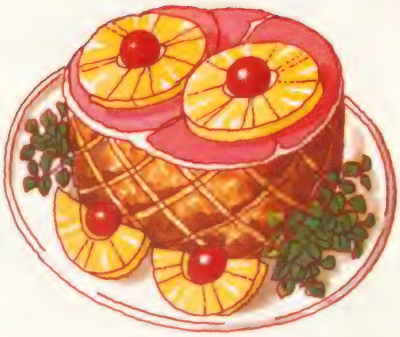
Mix all dry ingredients in a bowl.
Beat the egg, add the milk and treacle to it and stir the liquid into dry ingredients.
Grease a pudding bowl and pour in the mixture which should fill the bowl two-thirds.
Cover with a greaseproof paper and steam for 2½ hours.

steamed west india pudding

4 oz. Fowler's West India Treacle
1 Egg
4 oz. Plain Flour
½ teaspoon Mixed Spice
1½ oz. Lard
½ teaspoon Bi-carbonate of Soda
1½ oz. Brown Sugar
½ gill sour Milk (or fresh milk to which 1 teaspoon vinegar has been added)

Sift the flour with the bi-carbonate of soda and rub in the lard.
Add sugar and spice and mix well.
Stir in treacle (previously warmed if the weather is cold) then add beaten egg and milk and mix thoroughly.
Turn into a greased basin and steam 1½ hours.
Note that this mixture can be prepared overnight and given a quick stir just before turning into the basin the next morning.

treacle baked ham



3 lb. piece Gammon. approx.
3 tablespoons Fowler's West India Treacle
¼ pint Pineapple Syrup

To garnish

4 Pineapple Rings
4 Cherries

Calculate the cooking time of the gammon on 20 minutes to the pound and 20 minutes over.
Place joint in a large saucepan, cover with water and bring to boil, simmer for half the calculated cooking time.
Lift out of pan, remove rind, cut fat in a criss cross pattern, place in a suitable sized roasting tin and pour over the treacle and pineapple juice.
Bake in oven Regulo 5 or 375°F. for remaining cooking time, basting frequently.
Serve hot or cold, decorated with the pineapple rings and cherries.

apple chutney

6 lb. Cooking Apples
2 lbs. Brown Sugar
1½ oz. Ground Ginger
½ oz. Ground Cinnamon
1½ oz. Salt
½ pint Water
2 lb. Onions
1 lb. Fowler's Pure Cane Golden Syrup
¼ teaspoon Cayenne Pepper
1 quart Vinegar

Peel, core and slice the apples.
Mince the onions.
Cook slowly together in the water.
When cooked down, add all the other ingredients and simmer **very** gently until mixture is well blended, soft and smooth.
Long slow cooking gives the best results.
Bottle while hot into clean warm jars.

date and apple chutney

Treacle has the right tangy sweetness for this preserve.
2 lb. Stoned Dates
2 lb. Apples, Peeled and Cored
1 lb. Onions
4 oz. Sugar
4 oz. West India Treacle
2 Pints Vinegar
1 teaspoon Ground Ginger
2 teaspoons Dry Mustard
1 teaspoon Salt
¼ teaspoon Cayenne Pepper
All level

Chop or mince dates, apples and onions.
Blend all ingredients together in large pan and simmer gently until they form thick pulp.
Fill heated jars to the brim and seal with vinegar proof lids.
Yield : 7 lb.

rich fruit chutney

12 Bananas
1 lb. Dates
1 lb. Green Cooking Apples
2 lb. Spanish Onions
¼ lb. Chopped Crystallised Ginger
1 teaspoon Allspice
2 teaspoons Curry Powder
2 tablespoons Salt
1 pint Vinegar
1 lb. Fowler's West India Treacle
Water to Mix

Peel bananas and cut into ½-inch strips, chop dates into small pieces, peel and cut very thinly apples and onions, add ginger.
Place in a bowl adding spice, salt, curry powder and treacle.
Cover with vinegar, mixed with about half a pint of water.
Stir well together.
Turn into a large jar or basin and bake for about 2 hours in oven Regulo 2 or 300°F. until a rich chocolate colour.
Bottle and cover whilst hot.

treacle marmalade

1 lb. Seville Oranges
3 lb. Sugar
3½ Pints Water
1 Lemon
2 oz. Fowler's West India Treacle

Peel the oranges and lemon and shred the peel finely.
Put peel into a large pan with the 3½ pints water and the juice of the fruit.
Put the pips in, tied in a small piece of muslin.
Cook slowly until the peel is cooked—about 3 hours.
Remove pips, add sugar and treacle and boil hard until a little sets on a saucer (between 40 and 70 minutes).
This makes about 5 lb. of very dark marmalade.

toffee apples

36 Apples
8 dessertspoons Malt Vinegar
1½ tablespoons Cream of Tartar
1½ oz. Butter
12 tablespoons Fowler's Pure Cane Golden Syrup

Wash and dry apples and pinion each one with a wooden meat skewer or other suitable small stick.
Then into a heavy saucepan melt the butter. Add the vinegar, syrup and Cream of Tartar.
Cook the mixture quickly for about 10 minutes stirring all the time.
Dip the apples in the toffee, twisting each one quickly to get an even coating.
Harden by dipping in a bowl of cold water for 2 to 3 minutes.

cough candy

1 lb. Sugar
½ cup water
2 drops Extract of Liquorice
½ teaspoon Vinegar
1 cup Fowler's West India Treacle
2-3 drops Oil of Aniseed

Boil water, sugar and treacle slowly for about 10 minutes, stirring occasionally. Drop a spot into a cup of cold water—if it hardens, the candy is ready.
Add the Extract of Liquorice and Oil of Aniseed, stir well and pour on to buttered tins.
When cool enough to handle, pull till light in colour.
Roll into sticks and cut into pieces with scissors.

butterscotch

4 oz. Butter
2 tablespoons Fowler's Pure Cane Golden Syrup
12 oz. Granulated Sugar
1 tablespoon Water
1 teaspoon Vinegar

Put all in saucepan, bring to boil on a low heat, then raise heat, stirring all the time with a wooden spoon boiling briskly for 4 minutes.
Pour onto a very slightly buttered tin.
Let it go perfectly cold.
Chop it up into small pieces. Keep in tin lined with greaseproof paper.

butter toffee

1 lb. Soft Brown Sugar
1 small tin sweetened condensed Milk
½ lb. Butter
3 tablespoons Fowler's Pure Cane Golden Syrup

Boil all together for about 25 minutes until it hardens in water.
Pour into a buttered tin, mark in squares before cold.

treacle toffee

½ lb. Fowler's West India Treacle
¼ lb. Fresh Butter
½ lb. Sugar
2 teaspoons Vinegar

Put all ingredients together in a saucepan and bring gently to the boil, then continue for about 20 minutes or until a little sets when dropped in a cup of cold water.
Pour into a greased tin and leave to set.
This makes 1 lb. of Toffee.

boiling hams

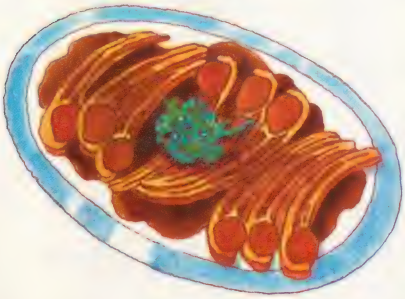
When boiling a piece of ham or a piece of bacon, add 2 tablespoons of Fowler's West India Treacle to the boiling water. This will both improve the flavour and ensure that the ham retains its moist freshness.

parkin

1 lb. Medium Oatmeal
1 lb. Flour
1 oz. Ground Ginger
2 tablespoons Milk
¼ lb. Lard
¼ lb. Margarine
1 tablespoon Sugar
1 teaspoon Bi-carbonate of Soda
1 lb. Fowler's West India Treacle
1 lb. Fowler's Pure Cane Golden Syrup

Mix flour, oatmeal, sugar and ginger.
Put treacle, syrup, lard, margarine and bi-carbonate of soda dissolved in the milk into a pan and heat until fats are melted.
Add quickly to the dry ingredients and mix well, until a smooth, stiffly flowing consistency is reached.
Pour into a greased and lined roasting tin.
Bake in oven Regulo 3 or 325°F. for about 1½ hours, or until well risen and deepish brown and spongy to the touch.
Allow to cool in tin, then cut into squares.
If possible store in an airtight tin for a week before eating.

barbequed spare ribs



2 tablespoons Oil
6 oz. Onion, chopped
1 Clove Garlic, crushed
2 tablespoons Tomato Paste
2 tablespoons Vinegar
2 tablespoons Worcestershire Relish
¼ level teaspoon Chilli Powder
3 level tablespoons Fowler's West India Treacle
1 Beef Stock Cube
2 lb. Spare Ribs

Heat oil in pan, add onion and cook until clear.
Add flavourings, treacle and beef cube, dissolved in a quarter pint of hot water.
Bubble mixture gently for 10 minutes.
Place spare ribs in a roasting tin in a single layer, brush with a little of the sauce.
Roast in centre of oven Regulo 5 or 375°F. for half an hour.
Pour off the fat and spoon the remaining sauce over the meat.
Cook for a further 1 to 1½ hours.

treacle fruit roll

6 oz. Plain Flour
Pinch of Salt
3 oz. Lard
1 teaspoon Baking Powder
3 oz. Mixed Dried Fruit
Pinch of Ground Ginger and Cinnamon
3 oz. Fowler's West India Treacle
Water to Mix

Make pastry with the flour, salt, baking powder and lard, mix with the water.
Roll into an oblong shape.
Spread with treacle and sprinkle on the dried fruit and spices.
Damp the edges, roll up and seal the ends.
Place on a greased tin and bake for 1 hour in oven Regulo 4 or 350°F.
Serve hot with icecream or custard.

gingerbread men

1 lb. Plain Flour
¼ level teaspoon Salt
2 level teaspoons Bi-carbonate of Soda
1 level dessertspoon Ground Ginger
½ level dessertspoon Ground Cinnamon
4 oz. Butter or Margarine
8 oz. Soft Brown Sugar
4 tablespoons Fowler's West India Treacle
1 tablespoon Milk
A few Currants

Sift the flour, salt, bi-carbonate of soda, ginger and cinnamon into a bowl.
Place the fat, sugar and treacle in a pan and heat gently until dissolved.
Cool slightly, mix into flour mixture with enough milk to make a firm dough.
Chill for 30 minutes.
Roll out to ¼-inch thick on a lightly floured board and cut into gingerbread men with a cutter.
Lay carefully on to a greased baking tray.
Place currants in position for eyes, nose and buttons.
Bake in oven Regulo 3 or 325°F. for about 15 minutes.
Cool on a wire tray.
Makes approx. 20.
Without special cutter, make a cardboard pattern, place on dough and cut around with a sharp knife.

treacle roll

12 oz. S.R. Flour
2 level teaspoons Ginger
6 oz. Shredded Suet
½ pint less 1 tablespoon Milk
1 level teaspoon Salt
Finely grated rind of 1 Medium Lemon
3 or 4 tablespoons Fowler's West India Treacle

Sift dry ingredients together and add lemon rind and suet.
Toss together lightly.
Mix to a soft, but not stickly dough with the milk then turn out on to a floured board.
Roll into an oblong of approximately ½-inch in thickness then cover with treacle to within ½-inch of edges.
Moisten edges with water then roll up loosely into a Swiss roll shape.
Wrap in greased greaseproof paper then tie in a cloth.
Place in boiling water and boil gently for 2 to 2½ hours.
Unwrap, put onto a heated serving dish.
Pour over extra treacle.

grandma's famous gingerbread

10 oz. Plain Flour
3 oz. Butter or Margarine
A pinch of Salt and a small cup of Milk
1 small teaspoon Mixed Spice
4 oz. Caster Sugar
4 oz. Fowler's West India Treacle
2 Eggs (optional)
1 heaped teaspoon Ground Ginger
1 small teaspoon Bi-carbonate of Soda

Sift the flour with the spices and bi-carbonate of soda.
Melt the fat with the treacle and add to the mixture together with the beaten eggs.
Mix to a light batter with the milk.
Bake in a moderately hot oven Regulo 4 or 350°F. for approximately half an hour.
This cake is delicious when sliced and buttered.

scotch pancakes

½ lb. Flour
Pinch of Salt
1 dessertspoon Fowler's Pure Cane Golden Syrup
Milk
1 Egg
2 tablespoons Sugar
1 teaspoon Bi-carbonate of Soda
1¼ teaspoons Cream of Tartar

Mix all ingredients together.
Add milk until a thick batter, grease griddle or pan, drop on in spoonfuls.
When a nice golden brown, turn over with a sharp knife to brown other side.
Serve warm with butter.

walnut cake

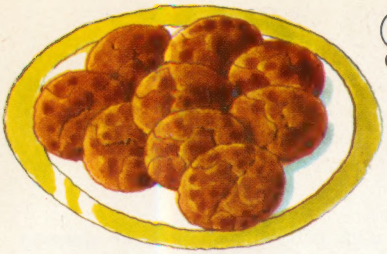
3 oz. Margarine
1 Egg
4 oz. Plain Flour
1 teaspoon Baking Powder
3 oz. Caster Sugar
2 tablespoons melted Fowler's West India Treacle
1 dessertspoon Chopped Walnuts

Beat margarine and sugar to a cream, add warmed treacle and mix again.
Beat 1 egg and add alternately with flour and baking powder mixed.
Lastly, add walnuts and bake in 7-inch greased sandwich tin in a moderate oven Regulo 4 or 350°F. for about 30 minutes.
When cold, cover with butter icing, using 1 oz. butter to 4 oz. icing sugar and coffee essence mixed in a little hot water.
Decorate with walnuts.
The treacle gives this cake a delightful flavour.

delicious syrup tart

6 oz Shortcrust Pastry
3 tablespoons Bread Crumbs
Grated rind and juice of 1 Lemon
1 oz. Butter
3 good tablespoons Fowler's Pure Cane Golden Syrup
1 Egg

Line deep plate with pastry and make fluted edge.
Melt butter and syrup.
Add lemon rind and juice, mix in breadcrumbs.
Cool, then add beaten egg.
Pour into pastry.
Bake in a fairly hot oven Regulo 5 or 375°F. for half an hour approximately.



ginger nuts

8 oz. Plain Flour
1 level teaspoon Ground Ginger
3 oz. Butter
6 oz. Sugar
1 Small Egg
3 oz. Fowler's West India Treacle

Sift flour and ginger. Rub in butter. Stir in sugar and bind with beaten egg and treacle.
Form into small balls about the size of a marble and place on greased baking sheet, an inch or two apart.
Bake in oven Regulo 3 or 325°F. for 30 minutes.
Makes about 36.

golden drop scones

8 oz. Self-Raising Flour
½ level teaspoon Salt
½ level teaspoon Grated Nutmeg
1 level dessertspoon Caster Sugar
1 Egg
2 level tablespoons West India Treacle
Scant ½ pint Cold Milk

Sift dry ingredients into bowl.
Make well in centre, and drop in egg and treacle, then gradually mix to thick batter with the milk, drawing in flour from sides of bowl. Beat with back of wooden spoon till batter is smooth and creamy.
Drop dessertspoonfuls on to well greased griddle, thick frying pan or hot plate of an electric cooker.
Cook for about 1 minute each side. Serve hot with butter.
Makes about 30 scones.

mealtime uses

AT BREAKFAST TIME

Sweeten your grapefruit with Fowler's Pure Cane Golden Syrup.

For porridge : Instead of sugar, stir in a spoonful of Fowler's West India Treacle.

FOR YOUR MID-DAY MEAL

An easy and quickly-made sauce to go with puddings—pour over warmed Fowler's Pure Cane Golden Syrup or West India Treacle.

Sweeten your fruit during cooking with Fowler's Pure Cane Golden Syrup.

AT TEA TIME

Fowler's West India Treacle or Pure Cane Golden Syrup is delicious on scones, teacakes, bread and butter and crumpets.

AT BED TIME

Treacle and Milk—The Ideal Nightcap. A teaspoon of Fowler's West India Treacle in a glass of hot milk (or, if preferred, hot milk and water).

FOR COLDS

A good teaspoonful of Fowler's West India Treacle added to a tot of rum, whisky or brandy, according to taste, topped up with hot water.

approx oven settings

Gas	Electric	Description
¼	225°F.	VERY COOL
½	250°F.	
1	300°F.	
2	300°F.	COOL
3	325°F.	WARM
4	350°F.	MODERATE
5	375°F.	FAIRLY HOT
6	400°F.	
7	425°F.	HOT
8	450°F.	VERY HOT
9	475°F.	

The above settings may vary slightly, according to make of cooker.

measures

1 Standard tablespoon	Syrup or Treacle	=	1 oz. by weight
1 Standard cup	Syrup or Treacle	=	14 oz. by weight
2 Standard tablespoons	Granulated Sugar	=	1 oz. by weight
1 Standard cup	Granulated Sugar	=	9 oz. by weight
3 Standard tablespoons	Sifted Flour	=	1 oz. by weight
1 Standard cup	Sifted Flour	=	$4\frac{1}{2}$ oz. by weight

An average breakfast cup holds 10 fluid oz. or $\frac{1}{2}$ pint.

To prevent syrup from sticking to measuring cup or spoon, rinse them in hot water before using.

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DON'T FORGET.....

Fowler's treacle can be used in a host of different ways to add interest, flavour and originality to your menus.

Here are a few . . .

- Instead of sugar with porridge
- To make home-made treacle toffee
- For Parkin
- Instead of jam on steamed puddings
- To give flavour and colour to gravy
- For sweet and savoury sauces of all types

FOWLER'S

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